

# Office Ergonomics

*Be safe and comfortable in the  
workplace!*

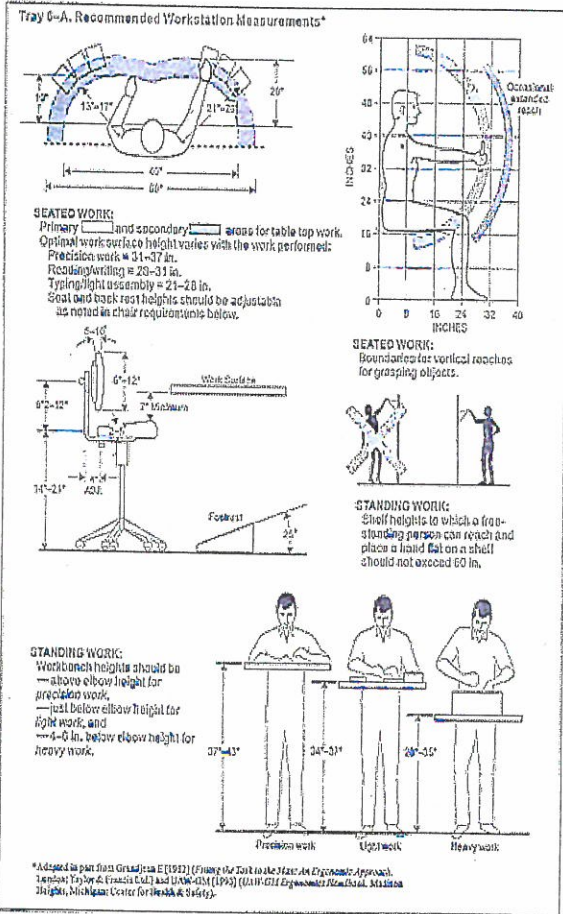


Risk Management Services

Risk Management Services

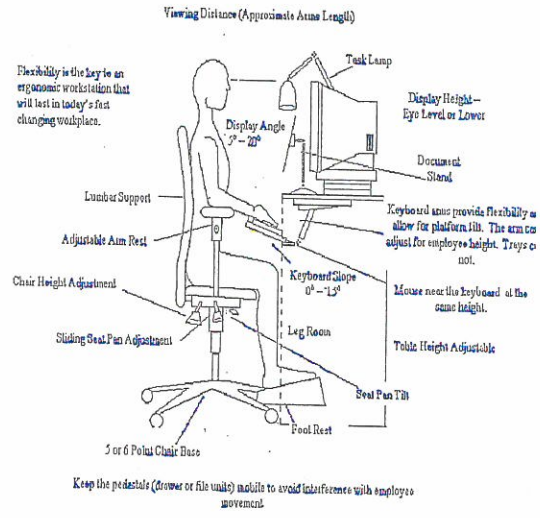
Tel: 520 621 1790

Unv. Services Annex, East Bldg. 300B  
220 W. Sixth St., 2<sup>nd</sup> Floor  
Tucson, Az 85701-1014



102  
 \*To access original source:  
<http://hr.umich.edu/mhealthy/programs/ergonomics/help.html>

- Reduce:
- Awkward Postures
  - Cold Temperatures
  - Contact Stress
  - Forceful exertions
  - Repetitive Motions
  - Static Postures



**Neutral Posture**

